

Banana Bread

Photography by [Darren Bester](#)

Another childhood favourite that has stayed with me is Banana Bread. I can quite easily eat an entire loaf by myself (I don't, it must be said ... but I would, if I could get away with it on the scale and if it wouldn't scare my husband quite as much as I think it would). Besides being delicious, its also just so comforting and I wonder if its because it subconsciously conjures up carefree feelings from childhood. This recipe is so quick and easy that its surprising that the loaf is as delicious as it is.

Yield: 1 Loaf

Ingredients:

375ml ripe bananas, mashed

250ml white sugar

375ml cake flour

1tsp baking powder

1tsp bicarbonate of soda

60ml vegetable oil

125ml crème fraîche

2 eggs, whisked

pinch of salt

Method:

Preheat the oven to bake at 180°C. Grease a 23 x 13 cm banana loaf tin with butter or 'spray & cook' and set aside. Mix the bananas, sugar, crème fraîche, eggs and oil until well combined. Sift all the dry ingredients into a separate bowl. Gradually stir the dry mixture into the wet mixture, until combined. Pour mixture into prepared baking tin and bake at 180 for 40 minutes to an hour. Test with a skewer, if it comes out clean, the loaf is ready.

Cooks Note: Cooking time can vary depending on your oven and its settings. Best to start keeping

an eye on it from the 40 minute mark. If you don't have a baking skewer, an uncooked piece of dry spaghetti will do the job just fine. You could add walnuts or poppy seeds for a nice variation.



